Participation rules and guidelines for the #ICFPaddleChallenge

- 1. Each week the results of all participants will be updated and the weekly winners will be announced on the event website https://federations.canoeicf.com/icf-paddle-challenge-info
- 2. There are two separate entry links. For 5K distance https://endurancecui.active.com/new/events/70320553/select-race?e=70340552 and for 2K distance https://endurancecui.active.com/new/events/70320553/select-race?p=17515885570419254
- 3. Choose how you will participate Ergometer, Boat or Board (only single paddling craft can be used). Each entry can choose only one type of craft. Multiple entries are allowed if you want to participate in multiple crafts. Note that all crafts used must be in line with normal safety standards for paddling.
- 4. The event distance is 5km and 2km.
- 5. Upload your results for 5k at https://resultscui.active.com/events/5KICFPaddleChallenge and for 2k at https://resultscui.active.com/events/2KICFPaddleChallenge
- 6. Every participant can send unlimited number of paddling sessions during the competition period. However, if you submit multiple times for the same category and division, only your latest submission will be counted.
- 7. If you use an Ergometer, for the result to be valid, your machine should have a board computer recording at least the distance and time. You must send pictures of start and finish readings.
- 8. If you use a boat or board, for the result to be valid, you will need to track your time on a GPS device and upload a screenshot of your record on the above results page. The screenshot must contain the distance (5km/2km) and time. Example below



9. If paddling on water:

- i. For 5km on Sea/Lake- full distance should be paddled as half in one direction and the second half in the opposite direction (point A-B-A). The distance should be done with at least one 180-degree turn. There is no given size of the turn.
- ii. On river/creek- full distance can be in one direction from point A to B without having to return.
- iii. For 2km distance, paddler only has to go from point A to B regardless of where you paddle.
- 10. Questions send to entries@canoeicf.com
- 11. Paddle safely but most of all have fun. We look forward to seeing your results